Yajurveda Sandhyavandam

Sri Gurubhaya Namah !
Sri Madhacharya Namaha !
Sri Vyasaraya Namaha !
Sri Vadirajaya Namaha !
Sri Purudandara Dasare Namaha !
Sri VijayDasara Namaha !
Hari Om !

[Keep 2 vessels with water PP1 and PP2, one spoon and one vessel to collect water AP1.
Take water from PP1 , for achamane, with left hand using spoon onto your right palm and sip water and wash right hand in AP1.
For Argya and Tarpana, hold PP2 with two hands and pour water into into AP1]

For Full Audio
http://www.kannadaaudio.com/Songs/Devotional/home/Yajurveda%28MadhwaSampradya%29SandhyaVandanam.php

A nice kannada discourse for the details and inspiration for Sandhyavandane
http://vyasamadhwa.org/upanyasa/UpanayanaGayatri/UPANAYANA.MP3

This "CD" should be available in all devotional CD shops. Please buy it if you get the chance.

Prokshane
Apavitra pavitro va sarravastham Gathopivaha yesmareth pundarikakasham sabha hyaa bhyanthara shuchihi

Achamane
(Sip water three times chanting each of the following)
Om keshavaya svaha [Shreesha Keshava - Dosha rashi nasha,
Katru Keshava - Satya patisuvodhu,
Adi Keshava - Mukti koduva]
Om naarayana svaha [Naarayana - Maran samaydalli Hari Smaraane; Ajamila]
Om maadavaya svaha [Madhava - Yamana bhada bidisu through Gyana]
(Wash hand with this)
Om govindaya namaha [Govinda - Bahavada Bandha Bidisu]

Om vishvanenamaha [Vishnu - Srishti ollege kashta bidisu]
Om madhusudhanayanamaha [Madhusudana - Hridaya dalli hudagisaya]

Om trivikramayanamaha [Trivikrama - Yamana bhada bidisu by destroying papa]
Om vaamanayanamaha [Vamana - Ninna Nama premadinda paadiso]
Om sridharayanamaha [Shridhara - hrudayalli sadan maado]
Om hrishikeshayanamaha [Hrishikesha - do not neglect me, thinking I'm interested in mundane pleasures]
Om padmanabhayanamaha [Padmanabha - Geddu Kopa, Buddhi Toru]
Om damodarayanamaha [Damodara - Ninna Nama jivha dalli niliso]
Om sankarshanayamaha [Sankarashana - Nanna kinkara aagi maadkolo]
Om vaasudevayanamaha [Vaasudeva - Please ensure no hurt comes to me, as I'm your servant no matter what birth I take]
Om pradhyumnayanamaha [Pradyumane - Hridaya Tiddi Shudda maadu]
Om anirudhayanamaha [Annirudhane - Yennage mukti palisu]
Om purushothamayanamaha [Purushottamma - Ninna charandalli iddu]
Om adhokshajayanamaha [Adokshaja - Beda maadi noddadiro]
Om narasimhayanamaha [Narasimhana - Baara haakiruve ninage]
Om achuttayanamaha [Achyuta - Sanchita paapa, kinchita peeda kallisu]
Om janardanayanamaha [Janardhana - heena buddhi bidisu]
Om upendrayanamaha [Upendra - Krupe maadi kshamiso]
Om hareyanamaha [Shri Hare - Nanna ninna bhakatara jyotege iddu]
Om srikrishnayanamaha [Shri Krishna - Innu huttisibeda, huttisidake nammana palisu]

Pranayama

Pranavasya ParaBrahmaRishi, Paramatma Devata,
Devi Gayatri chandaha, Pranayame viniyogaha

Om Bhoohu
Om Bhuvaha
Om Suvaha
Om Maha
Om Janaha
Om Thapaha
Om Sathyam
Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa
Jyothi raso
Amrutham brahma
Bhoor buvasuvarom

Sankalapa

Shube shobane muhurte,
adya Brahmana,
dvitiya parardhe,
Shri Shweta Varaha kalpe,
Vaivasvata manvantare,
ashtavim shatime,
kaliyuge pratama charane,
kaliyuge pratama pade,
Bharata varshe,
Bharata kande,
jambud dvipe,
godavariya dakshine tere,
shalivahana shake,
baudha avatare,
ramakshetre,
asmin vartaman yena
... samvatsare,
...ayane,
...ritu,
... maase,
... pakshe,
... tithoe,
...vasare,
shuba nakshatra,
shuba yoga,
shuba karana,
evam guna visheshana,
vishistayam,
shuba tithoe,
BharatiRamana Mukhyaprana-antargata savitru namaka Sri Lakshmi Narayana prernaya,
savitru namaka Sri Lakshmi Narayana prityartham ....* sandhyam upashishye

* pratah - morning, madhyana - afternoon, sayam - evening

Marjanam

Aapo hishta mayo bhuva ,
thana oorje dadha thana ,
Mahe ranaaya chakshase ,
Yova shiva thamo rasa ,
Thasya bhajaya thehana ,
usatheeriva mathara ,

Thasma aranga mamavo,
Yasya kshayaya jinwadha ,
Aapo janayadha jana

Jalbi Mantranam

* Morning
Sooryascha ma manyuscha manyu patayascha manyukruthebhya.
Paapebhyo rakshantham
Yad rathrya papa ma karsham
Manasa vacha hasthabhyam padbhyam udarena sisnaa
Rathri sthadha valumbathu
Yad kincha duritham mayi
Idham aham mam amrutha yonau
Soorya jyothishi juhomi swaha

* Afternoon
Aapa punanthu prithweem, prithwee pootha punathu maam
Punanthu brahmanaspathir brahma pootha punathu maam
Yad uchishta mabhojyam yadhwa ducharitham mama
Sarvam punanthu mamopa asatham cha prathigraham swaha

* Evening
Agnischa ma manyuscha manyu pathayascha manyu kruthebhya
Papebhyo rakshantham
Yadahna papama karsham
Manasa vaacha hasthabhyam
Padbhyam udarena sisna
Ahasthada valumbathu
Yad kinchid duritham mayi
Idamaham maam amrutha yonau
Sathye jyothishi juhomi swaha

Achamane
(Sip water three times chanting each of the following)
Om keshavaya svaha [Shreesha Keshava - Dosha rashi nasha,
Katru Keshava - Satya patisuvodhu,
Adi Keshava - Mukti koduva]
Om naarayana svaha [Naarayana - Maran samaydalli Hari Smaraane; Ajamila]
Om maadavaya svaha [Madhava - Yamana bhada bidisu through Gyana]
(Wash hand with this)
Om govindaya namaha [Govinda - Bahavada Bandha Bidisu]

Om vishvanenamaha [Vishnu - Srishti ollege kashta bidisu]
Om madhusudhanayanamaha [Madhusudana - Hridaya dalli hudagisaya]
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Om vaamanayanamaha [Vamana - Ninna Nama premadinda paadiso]
Om sridharayanamaha [Shridhara - hrudayalli sadan maado]
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Om damodarayanamaha [Damodara - Ninna Nama jivha dalli niliso]
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Om purushothamayanamaha [Purushottamma - Ninna charandalli iddu]
Om adhokshajayanamaha [Adokshaja - Beda maadi noddadiro]
Om narasimhayanamaha [Narasimhana - Baara haakiruve ninage]
Om achuttayanamaha [Achyuta - Sanchita paapa, kinchita peeda kallisu]
Om janardanayanamaha [Janardhana - heena buddhi bidisu]
Om upendrayanamaha [Upendra - Krupe maadi kshamiso]
Om hareyanamaha [Shri Hare - Nanna ninna bhakatara jyotege iddu]
Om srikrishnayanamaha [Shri Krishna - Innu huttisibeda, huttisidake nammana palisu]

Punar Marjanam

Om dadhi-kraavNNo akaarishhaM,
jishhNor-ashvasya vaajinaH,
surabhi no mukhaa-karataha,
praNa aayuumshhi taarishhataha,
Aapo hishta mayo bhuva ,
thana oorje dadha thana ,
Mahe ranaaya chakshase ,
Yova shiva thamo rasa ,
Thasya bhajaya thehana ,
usatheeriva mathara ,
Thasma aranga mamavo,
Yasya kshayaya jinwadha ,
Aapo janayadha jana

Hiranyavarna suchaya pavakah
yaasujathaha kashyapyoya swindriyaha
agninya-garbham dhadhire viroopa sthaana
aapasha shaaga syonaa bhavanthu
Yasagam rajavaruno yathi madhye
sathyanruthe avapaashayam jaananam
madhyaschyu thasshuchayo ya paavakah
sthaana aapasha shaaga syonaa bhavanthu
Yasaam devadri krunavanthi
bhaksham ya antharikshe
bhavutha bhavanthi
yakshyam ya pruthvim
paayasom dhanthi shukraha sthaana
aapasha shaaga syonaa bhavanthu

Smelling of Water
(Pour water in hand)
Shivena maa chakshu sha paashyatha
aapa shvayah tanvoh paasprishathaha
pracham may sarvagyam agnigum
raapi sushaadhou huveo mai varchobala mogo nidathaha
(Smell water and keep it)
drupada diven munchatu
(leave the water)

(Pour water in hand)
Drupada diven mumuchanmaha asmin asyadi...[To be updated]
(Smell water and leave)

Achamane
(Sip water three times chanting each of the following)
Om keshavaya svaha [Shreesha Keshava - Dosha rashi nasha,
Katru Keshava - Satya patisuvodhu,
Adi Keshava - Mukti koduva]
Om naarayana svaha [Naarayana - Maran samaydalli Hari Smaraane; Ajamila]
Om maadavaya svaha [Madhava - Yamana bhada bidisu through Gyana]
(Wash hand with this)
Om govindaya namaha [Govinda - Bahavada Bandha Bidisu]

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Pranayama

Om Bhoohu
Om Bhuvaha
Ogum Suvaha
Om Maha
Om Janaha
Om Thapaha
Om Sathyam
Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa
Jyothj raso
Amrutham brahma
Bhoor buva suvarom

Argya Sankalpa

Shube shobane muhurte,
adya Brahmana,
dvitiya parardhe,

Shri Shweta Varaha kalpe,
Vaivasvata manvantare,
ashtavim shatime,
kaliyuge pratama charane,
kaliyuge pratama pade,
Bharata varshe,
Bharata kande,
jambud dvipe,
godavariya dakshine tere,
shalivahana shake,
baudha avatare,
ramakshetre,
asmin vartaman yena
... samvatsare,
...ayane,
...ritu,
... maase,
... pakshe,
... tithoe,
...vasare,
shuba nakshatra,
shuba yoga,
shuba karana,
evam guna visheshana,
vishistayam,
shuba tithoe,
BharatiRamana Mukhyaprana-antargata savitru namaka Sri Lakshmi Narayana prernaya,
savitru namaka Sri Lakshmi Narayana prityartham ....* sandhyam argya pradanam karishaye

* pratah kale - morning, madhyana kale- afternoon, sayam kale- evening

Argya Pradahana

* Morning
Om Bhur buvah svah,
tat savitur varenyam
bhargo devasya dimahi
dhiyo yona
prachodeyaat
(pour water - 1 arghya)
Punar argya adikarartam
atma samrakshanartham,

pratixventri mantram
Gayatri aakarshanartam shiro mantram japet

Pratischkva vischkendrescha,
soma jagurtam
rakshebyo vada maschyatim
yatu madebyaha,
devime Gayatri
hasta rupini,
idam argyam maya datam
tasya daitam vadam kuru
...
idam argyam
(Pour water twice - 2 arghyas)

Kalatikramana dosham praschittartam
Praschitta argyam pradhanam karishye
Om Bhoohu
Om Buvaha
Om Suvaha
Om Mahaha
Om Janaha
Om Tapaha
Om Satyam
Om Tat Savitur ,
Varenyam Bhargo Devasya
Dheemihi Dheeyo Yonaha Prachodeyat
Om Bhoohu
Om Buvaha
Om Suvaha
Om Mahaha
Om Janaha
Om Tapaha
Om Satyam
(Pour water 1 time - 1 arghya)

* Afternoon
Hagum scha
[To be Updated]
(Pour water 1 time - 1 arghya)

Om Bhur Buvaha Swaha,

Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Om Bhur Buvaha Swaha,
Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Kalatikramana dosham praschittartam
Praschitta argyam pradhanam karishye

Om Bhur Buvaha Swaha,
Tat Savitur Vernyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

* Evening time

Om Bhur Buvaha Swaha,
Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Om Bhur Buvaha Swaha,
Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Om Bhur Buvaha Swaha,
Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Kalatikramana dosham praschittartam
Praschitta argyam pradhanam karishye

Om Bhur Buvaha Swaha,
Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo Yonaha Prachodeyat
(Pour water 1 time - 1 arghya)

Pradaskhinam
Udhyantham astham
yantham adithya
maaabhidhyaha yan kuran
brahmano vidramsa
kalam bhadramasthu the saraadithyo
brahmaithi bhrahmyavya
son brahmayapathi
yaaeram Veda asavadithyou brahma
(Take water in right hand and move hand around your head and leave water)

Tarpanam [Some give Tarpanam after Gayatri Japa Udhwasana]
*** Shukla Paksha for Morning & Evening**

Om Keshavam Tarpayami
Om Narayanam Tarpayami
Om Madhavam Tarpayami
Om Govindam Tarpayami
Om Vishnum Tarpayami
Om Madhusudanam Tarpayami
Om Trivikramam Tarpayami
Om Vamanam Tarpayami
Om Shridharam Tarpayami
Om Hrishikesham Tarpayami
Om Padmanabham Tarpayami
Om Damodaram Tarpayami

*** Krishna Paksha (Morning & Evening)**

Om Sankarshanam Tarpayami
Om Vasudevam Tarpayami
Om Pradyumnam Tarpayami
Om Aniruddham Tarpayami
Om Purushottam Tarpayami
Om Adokshajam Tarpayami

Om Narasimham Tarpayami
Om Achyutayam Tarpayami
Om Janardhanam Tarpayami
Om Upendram Tarpayami
Om Harem Tarpayami
Om Shri Krishnam Tarpayami

*** Afternoon Tarpana**
[I'm not sure of the order here, but Vishnu/Sri Hari is the 12th Aditya]
Om Dataram Tarpayami
Om Aryamanam Tarpayami
Om Amshum Tarpayami
Om Bhagam Tarpayami
Om Mitram Tarpayami
Om Pushanam Tarpayami
Om Vivasvatam Tarpayami
Om Suryam Tarpayami
Om Yamam Tarpayami
Om Varunam Tarpayami
Om Indram Tarpayami
Om Vishnum Tarpayami

Achamane
(Sip water three times chanting each of the following)
Om keshavaya svaha [Shreesha Keshava - Dosha rashi nasha,
Katru Keshava - Satya patisuvodhu,
Adi Keshava - Mukti koduva]
Om naarayana svaha [Naarayana - Maran samaydalli Hari Smaraane; Ajamila]
Om maadavaya svaha [Madhava - Yamana bhada bidisu through Gyana]
(Wash hand with this)
Om govindaya namaha [Govinda - Bahavada Bandha Bidisu]

Om vishvanenamaha [Vishnu - Srishti ollege kashta bidisu]
Om madhusudhanayanamaha [Madhusudana - Hridaya dalli hudagisaya]
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Om vaamanayanamaha [Vamana - Ninna Nama premadinda paadiso]
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Om sankarshanayamaha [Sankarashana - Nanna kinkara aagi maadkolo]
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Om hareyanamaha [Shri Hare - Nanna ninna bhakatara jyotege iddu]
Om srikrishnayanamaha [Shri Krishna - Innu huttisibeda, huttisidake nammana palisu]

Bhootot chatanam
Apa sarapantu ye bhoota,
ye bhoota bhuvi samstitha
ye bhoota vignakartara,
te nashyanti shiva-agneya |
Apa kramantu ye bhootaha,
kruraschaiva tu raakshasaaha
Yeshcharatra niva santaiva,
devata bhuvi santatam,
Teshampya virodhena ,
brahama karma samarabhe
(Snap your fingers your left)

Asana Shuddhi
nirastaha paravasuhu idamahamrva vasaho sadane sidami soma mandale kurma skande upavishtosmi pritviti mantrasya merupprushta rishi, kurmo devata, sutalam chandaha, asane viniyogaha, anantasanaya namaha, kurma asanaya namaha

Prithvi tvaya dhruta loka devi tvam vishnuna dhruta
tvancha dharaya maam devi pavitram kuru chasanam
mancha putam kurudhare
Om bhur bhuva svaroum anantaya namaha

Om itya-aksharam Brahma,
Agnir devata,
Brahma ityarsham|
Gayatrim chandaha|
Param-atmam sa roopam

saayujyam viniyogaha

Ayatva iti mantarsya
Vaama Deva Rishihi|
Gayatri pratipadya,
Shri Narayano Devata |
Anushtap chandaha |
Gayatri avahahane viniyogaha

Ayatu varade devi,
aksharam Brahma samhitam,
Gayatri chandasam maatedam
Brahma jushsvame|
yadhnyaat kurute paapam
tadanhyat prati muchyate
yadra triyatt kurute paapam
tadrya triyat prati muchyyate|
sarva varne mahadevi sandhya vidye sarasvati|

Om Oojosi sahosi balamasi brajosi |
Devanam dhamanamasi |
vishva masi vishvayuhu |
Sarva masi savayurbhi bhoorom|
Gayatrim avahayami,
Savatrim avahayami,
Saraswatim avahayami,
Chandarsheen avahayami,
Shriyam avahayami,
* Balam avahayami

Gayatryah Gayatrichandoh
Vishvamitra Rishihi
Savita Devata|
Agnir Mukham,
Brahma Shirah,
Vishnu Hridyam,
Rudra Shikha,
Prithvi Yoni,
Prana, Apana,
Vyana, Udana,
Samana, Saprana,
shweta varna,

sankhyanasya gotra,
Gayatri chatur vimshat akshara,
tripada shat kukshihi,
panchashirsha upanayane viniyogaha

Pranayama

Pranavasya ParaBrahmaRishi, Paramatma Devata,
Devi Gayatri chandaha, Pranayame viniyogaha

Om Bhoohu
Om Bhuvaha
Ogum Suvaha
Om Maha
Om Janaha
Om Thapaha
Om Sathyam
Om Tatsa vithur varenyam
Bhargo devasya dhi mahi
dhiyo yona prachodayath

Om Apa
Jyothj raso
Amrutham brahma
Bhoor buvasuvarom

Karan Nyasa
Om Tat Savituh Angushtabhyam namaha
Om Varenyam Tarjinibhyam namaha
Om Bhargo devasya Madhyamabhyam namaha
Om Dheemahi Anamikabhyam namaha
Om Dheeyo yonah Kanishtakabhyam namaha
Om Prachodeyat Karatalakara pushtabhyam namaha

Agnan Nyasa
Om Tat Savitur Hridaya Namaha
Varenyam Shirase Swaha
Bargo Devasya Shikaye voowshat
Dheemahi Kavachayaham
Dheeyo yonah Netrabhyam voowshat
Prachodayat Astraya Phat
Bhur Bhuvha Swaroom

Digbandana
Rishi Chandasi

Agacha varade devi
jape me sannidho bhava
gayantam trayasye yasmaad
gayatri tvam tatah smruta

Asya Shri Gayatri Mantrasya
Vishwamitra rishih
Savitra namaka
Shri Lakshmi Narayano Devata
Shri Lakshmi Narayana prasad siddhyarthe jape viniyogaha

Dhyana
Dhyeyat
Savitramandala madhyavarti
Narayana sarasijasana sannivishtaha
keyuravana makarakundalavan,
kiriti, hari , hiranmaya vapuhu,
dritha sankha chakraha,
proda dadityaha varanaha,
dhrayo dheyata, dhor dhyao dheyata
...
Bharati Ramana Mukya Prana-antragata
Savitru Namaka Shri Lakshmi Narayana prernaya,
Shri Lakshmi Narayana preetyartham
yatah shakti ....* sandhya Gayatri mantram japam karishye

* pratah - morning , madhyana - afternoon, sayam - evening

[Mantra Japam gives maximum benefit if done in kumbakam i.e. take a deep breath, hold breath, remember Vayu and Sri Hari and do japa , don't strain yourself from day one, progress gradually.]

Gayatri Japam

Om Bhur Buvaha Swaha,
Om Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dheeyo yonaha prachodeyat
* At least 10 or 100 or 1000

Narayana Ashta akshara mantra japam

Om Om Namo Narayanaya Om [Ashtakshara is actually Om Namo Narayanaya]
* 3 times the amount of Gayatri Japa [Shapa Vimochana of Gayatri Mantra as per Sadachara Smruti of SriMadhvacharya]

Narayana Dwadasha akshara mantra japam

Om Namo Bhagavate Vasudevaya
* 2 times the amount of Gayatri Japa [Shapa Vimochana of Gayatri Mantra as per Sadachara Smruti of SriMadhvacharya]

Guru Upadesh Mantras

If you have got any mantra upadesha from Guru's/Swami's you can recite them now.

Gayatri Mantra Udwasana
Pranayama

Pranavasya ParaBrahmaRishi, Paramatma Devata,
Devi Gayatri chandaha, Pranayame viniyogaha

Om Bhoohu
Om Bhuvaha
Ogum Suvaha
Om Maha
Om Janaha
Om Thapaha
Om Sathyam
Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa
Jyothj rasa
Amrutham brahma
Bhoor buvasuvarom

Karan Nyasa
Om Tat Savituh Angushtabhyam namaha
Om Varenyam Tarjinibhyam namaha
Om Bhargo devasya Madhyamabhyam namaha

Om Dheemahi Anamikabhyam namaha
Om Dheeyo yonah Kanishtakabhyam namaha
Om Prachodeyat Karatalakara pushtabhyam namaha

Agnan Nyasa
Om Tat Savitur Hridaya Namaha
Varenyam Shirase Swaha
Bargo Devasya Shikaye voowshat
Dheemahi Kavachayaham
Dheeyo yonah Netrabhyam voowshat
Prachodayat Astraya Phat
Bhur Bhuvha Swaroom

Digbandana
Rishi Chandasi

Agacha varade devi
jape me sannidho bhava
gayantam trayasye yasmaad
gayatri tvam tatah smruta

Asya Shri Gayatri Mantrasya
Savitra namaka Shri Lakshmi Narayano Prernaya
Shri Lakshmi Narayana prithyartham
....sandhaya Shri Gayatri japam sampoornam | Shri Krishnarpanamastu |

* Pratha - Morning , Madhyana - Afternoon, Sayam - Evening

Gayathri prasthaana praarthana

Sooryoprasthaanam

* Morning
OM mitrasya
charshhaNiidhR^itaH
shravodevasya saanasim.h
satyaM chitra shravastamam.h
Mitrojanaan.h yaatayati
prajaanan mitrodaadhaara
pR^ithiviimuta dyaam.h
mitraH kR^ishhTiiranimishhaabhichashhTe
satyaaya havyaM ghR^itavadvidhema

Prasamitra marto astu
prayasvaanyasta aaditya shikshati vratena
na hanyate na jiiyate
tvoto nainama{gm}ho
ashnotyantito na duuraat.h

* Afternoon
Aasathyena rajasa varthamano nivesayan amrutham marthyancha
Hiranyena savitha rathena aaadevo yathi bhuvana vipasyam
Udvayam thamasaparee pasyantho jyothirutharam
Devam devathra soorya maganma jyothiruthamam
Uduthyam jatha vedasam devam vahanthi kethava
Druse viswaya soorya
Chithram devaana mudagaa daneekam chakshu mithrasya varunasyagne
Aa praa dyaava pruthvi aanthareeksha soorya aathma jagathasthushacha
Tachakshur deva hitham purasthath chakra mucharath

* Evening
Imam me varuna sruthi hava Madhya cha mrudaya
Thvaam mavsyu rachake
Tathwayami brahmana vandamanas thadhasaasthe yajamano havirbhi
Ahedamano varuneha bhodyurusa sa maa na aayu pramoshi
Yacchidithe visho yadha pradheva varuna vratham
Minimasi dyavi dyavi
Yat kinchedam varuna daivye jane abhidroham manushyascharamasi
Achithee yath thava dharma yoyopima maa nasthasma thenaso deva reerisha
Kitha vaso yad riripur na dheevi yad vagha Sathya muthayanna vidhma
Sarvaa thaa vishya sithireva devathaa the syama varuna priyasa

Dik Namaskara

Each Dik Namaskara
Stand up with hands prostrated, face directions as shown and utter the respective mantras
[East] Om namaha praachyai dhishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[South] Om namaha Dhakshinayai dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[West] Om namaha Pratheechyai dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[North] Om namaha Udheechyai dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[Sky]Om namaha Urdhvayai dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo

namaha
[Earth]Om namaha Adharayai dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[Space]Om namaha Antarikshe dishe yaascha devatha yethasyaam prathivasanthi yethabhyascha namo namaha
[Circumbulate once]Om namaha Avaantharayai dishe yaascha devatha yethasyaamprathivasanthi yethabhyascha namo namaha

Muni Namaskara

Namoh Ganga yamunayormadhyai ye vasanthi
The me prasannaathmanam chiranjivitham vardhayanthi
Namoh namoh gangayamunayor munibhyashcha namoh nama
Gangayamunayor munibhyascha namah

Devatah Namaskara

Sandhyaai namaha
Savithryai namaha
Gayathryai namaha
Saraswathai namaha
Sarvaabhyo devathabhyo namaha
Devebhyo namaha
Rushibhyo namaha
Matrubhyo namaha
Pithrubhyo namaha
Kaamokaarshin namo namaha
Manyur aakarshir namo namaha
Pruthvi vyapas thejo vaayur aakashath
Om namo bhagavathe vaasudevaya
Yagum sada sarva bhoothani charaani sthaavaraani cha
Saayam praathar namasyanthi saama sandhya abhirakshathu

Naarayana namaskruthihi

Vaasanadh vaasudevasya vaasitham the jagathruyam
Sarvabhoothanivaaso si vaasudeva namoh namasthothuhe

Aakaashath pathitham thoyam yadha gachchathi saagaram
Sarvadevanamaskara keshavam prathi gachchathi

Sarva vedheshu yathpunyam sarva thirdheshu yathpalam

Thathpalam purusha apnothi sthuthva devam janardanam

Durga Mantra

Shirena snapite devi, chandena vilepite
bilvapatra archite devi durgeham sharanam gataha
uttame shikare jaate bhoomyam sarva moorthanim
brahmaneyboh vingunata gacha devi yata sukham
gacha devi yata sukhatyom sukhatyom namon namaha

Vaasudevapraarthana
Namosthu ananthyaya sahasramurthaye
Sahasra paadakshishiroru bahave
Sahasra naamane purushaaya shaashvathe
Sahasrakoti yugadhaarine namaha
Sahasrakoti yugadhaarine namaha ! Bhadram no abhivadaye

Shanti Mantras
Chatu sagar paryantram Go-brahmanebyah shubham bhavatu

Pravara
Chatu sagar paryantram
.....* gotra uttpana
.....* sharma
ahambho abhivadaye abhivadayami

Samapana
anena Sriman Madhvacharya naam
hrit-kamala madhya nivasi
kshirabhda shayi,
ananta kalayana guna paripurna,
nirdosha gyan anandatmaka
Bhagavan savitru namaka Shri Lakshmi Narayana ... Shri Krishanrpanamastu

Namatraya Japam
Maadhye, mantra, tantra, swara, lopa, dosha
pryaischhartam nama traya japam karishye

Om Achyutaya Namaha, Om Anantaya Namaha, Om Govindaya Namaha
Om Achyutaya Namaha, Om Anantaya Namaha, Om Govindaya Namaha

Om Achyutaya Namaha, Om Anantaya Namaha, Om Govindaya Namaha
Om Achyutaha, Anantaha, Govindahbhyo Namaha